

5 Problems which meditation creates for you

February 2, 2016 by [amit](#)



meditation is one of the greatest blessing in life. but everything is not so rosy about it. it do create some problem in the life of meditator.

these problems are like a test for the meditator. if he passes the test then his meditation will become more richer and more fragrant. so don't be scared about them. instead face the problems of life with awareness. bring your awareness and intelligence in solving day to day life issues. take them as a challenge and not as a problem.

5 problems which meditation creates for you:

1. **sensitivity** – they become sensitive and considerate to the needs of other people. in ideal circumstances, sensitivity and awareness should grow together. if it does not happen then too much sensitivity creates lot of empathy and thus lot of emotional trouble for the meditator.

sometimes, they may feel cheated, betrayed or exploited by their friends. because meditator is very considerate, sensitive and helpful with others. but when in need, he does not receive the same help and consideration from his friends because they are not so considerate and sensitive towards other. moreover, meditator also trust people easily. so sometimes they are easy target for cunning people.

2. **less interest for making money** – they can let go of money but not the peace and contentment which they receive in meditation. since they become inwardly rich, they don't look for materialistic riches. they are not after fame, attention or power. so many of them don't reach very high in their career and profession. but they live a life of inner joy, peace and contentment. what more you want?

3. **aloneness** – meditator loves his aloneness and wants to spend time in meditation or in pure silence. but friends and family pester him for his attention. if they are bachelor then their mother don't understand why my son does not want to get married.

4. **creativity** – a meditator has to be creative. so meditator like to be creative in their work rather than doing monotonous jobs. they give more importance to creativity than efficiency or doing robotic tasks. this create problem in their job and work life. moreover they like to be independent and have their own ideas about solving issues. they may not like to work under someone. all this create problems in work life.

5. **living a multi-dimensional life** – meditation makes the person intelligent. he becomes wise but the world around him remain the same. for his family and friends he is the same person. so he has to do lot of adjustments while interacting with his family member's and old friends. he now sees the world with a new light of wisdom. the things which were important to him before are not important now. but everybody around him expects him to behave like before.

so **meditation changes the whole prospective of the person towards life**. he lives a inwardly richer life at the cost of these few small issues discussed above.

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